**Evidence-Based Proposal and Annotated Bibliography on Technology in Nursing**

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**Telepsychiatry**

There has been a notable global increase in the use of telehealth and telemedicine within the healthcare setting. This is particularly true with massive adoption, especially during the onset of the COVID-19 pandemic. Telehealth has enabled integrative quality patient-centered care, including psychiatric and mental health care. One such intervention is telepsychiatry, which is the use of telecommunications technology to provide mental health and psychiatric services to patients. In addition to being as effective as conventional real-time care, telepsychiatry increases accessibility to mental health care, especially for the underserved population in remote areas. It also allows for collaborative distant consultation and is cost-effective (Hilty et al., 2018). These benefits improve the quality and safety of standard patient care. Telepsychiatric care is achieved through simple technology such as mobile phones, emails, and video conferencing, among others. It allows for patient assessment, patient care, patient education, and remote follow-up virtually without the need for face-to-face services. The adoption of telepsychiatry in the healthcare system has not reached its full potential. Various scientific studies have been conducted on the same to understand telepsychiatry's implementation, benefits, and barriers. The purpose of this annotated bibliography is to present scientific resources on various aspects of telepsychiatry.

**Annotated Bibliography**

**Raveesh, B. N., & Munoli, R. N. (2020). Ethical and Legal Aspects of Telepsychiatry. *Indian Journal Of Psychological Medicine*, 42(5 Suppl), 63S–69S.** [**https://doi.org/10.1177/0253717620962033**](https://doi.org/10.1177/0253717620962033)

With the increasing global adoption of telemedicine, there is a need to protect the rights of patients and healthcare professionals in line with this new type of practice. This article provides insights into the ethical and legal frameworks for using telepsychiatry to provide standard and quality psychiatric and mental health care. It deals with legal and ethical principles in the use of technology to meet the needs of mental health patients in addition to the existing conventional real-time care. Matters of privacy, confidentiality, autonomy, and patient safety have been addressed concerning telepsychiatry. Recent technological practices present novel issues in the methods of assessing, documenting, consulting, and mental health tele-psychotherapies, thus the need for integration of additional guidelines. The findings are crucial to nursing practice, especially with further studies on telepsychiatry, to further improve the application and acceptance of these novel frameworks within the healthcare setting. These guidelines will ensure that services are provided to meet the patient’s expectations and interests and cause no harm to the patient.

**Cowan, K., McKean, A., Gentry, M., & Hilty, D. (2019). Barriers to Use of Telepsychiatry: Clinicians as Gatekeepers. *Mayo Clinic Proceedings,* 94(12), 2510-2523.** [**https://doi.org/10.1016/j.mayocp.2019.04.018**](https://doi.org/10.1016/j.mayocp.2019.04.018)

Integration of telepsychiatry has been shown to effective and efficient in mental health patient care. However, certain challenges still hinder its use within the health sector. This article describes various barriers to telepsychiatry's adoption, implementation, and sustainability in the delivery of psychiatric care. These barriers were based on the perspectives of both the patients and healthcare professionals. The identified barriers were majorly medico-legal, technological, and authoritative. These included concerns regarding safety, privacy, and restrictions of the technological intervention, resources, and skills required for implementation. The article identifies crucial barriers that may be anticipated with the use of this method. This information can also help formulate policies to solve such issues for better and more effective patient telehealth care.

**Gardner, J. S., Plaven, B. E., Yellowlees, P., & Shore, J. H. (2020). Remote Telepsychiatry Workforce: a Solution to Psychiatry's Workforce Issues. *Current Psychiatry Reports*, 22(2), 8.** [**https://doi.org/10.1007/s11920-020-1128-7**](https://doi.org/10.1007/s11920-020-1128-7)

The shortage of psychiatrists and healthcare professionals, in general, has been a major challenge in the healthcare setting. This is worsened by the higher demand for psychiatric management in the general population. As a result, the available mental health workforce is predisposed to work overload, unfavorable patient-healthcare-professional ratios, and resultant burnout. Mental health patients may thus have limited access to care, receive substandard care, and are more predisposed to harm, for example, from medical errors. This article describes how telepsychiatry enables a remote workforce through technology, thus improving access to mental health care. There is also a reduced workload and wider coverage of the affected population, thus increasing productivity. The article also points out various challenges encountered in the implementation of the telepsychiatry workforce and possible solutions to these barriers. This article is beneficial to the nursing profession in that it could provide solutions to the existing crisis of health workforce shortage. It also enlists expected challenges and ways to mitigate them for better patient outcomes and satisfaction.

**Gude, J., Subhedar, R. V., Zhang, M. H., Jain, P., Bhela, J., Bangash, F., Veluri, N., Hsieh, Y. C., Sheikh, B. Z., Shah, M. R., Mansuri, Z., Aedma, K., Patel, U. K., & Parikh, T. (2021). Emerging Needs and Viability of Telepsychiatry During and Post COVID-19 Era: A Literature Review. *Cureus,* 13(8), e16974.** [**https://doi.org/10.7759/cureus.16974**](https://doi.org/10.7759/cureus.16974)

The traditional real-time mental health assessment and management were adversely affected by the onset of the highly contagious COVID-19 pandemic. The pandemic necessitated the uptake of several preventive measures to mitigate its spread, including restructuring and alteration in methods and practices of healthcare delivery. This included the use of telehealth to ensure continuity of care to overcome barriers to healthcare presented by the pandemic, such as social distancing and stay-at-home orders. This article discusses the adoption of telepsychiatry, one of the telehealth interventions, to bridge the gap between healthcare providers and their patients. This enables the provision of services to a patient without the necessity of fact-to-face interactions in an effective and time-saving manner. The benefits that were experienced were not only for the patient but also for the healthcare providers. These included reduced risk of infection by the virus, increased accessibility to healthcare, flexible working hours, and cost-effectiveness in offering services. This article clearly shows the efficiency of telepsychiatry which can be adopted not only in the setting of future pandemics but also in everyday patient care.

**Thomas, J., Novins, D., Hosokawa, P., Olson, C., Hunter, D., & Brent, A. et al. (2018). The Use of Telepsychiatry to Provide Cost-Efficient Care During Pediatric Mental Health Emergencies. *Psychiatric Services*, 69(2), 161-168.** [**https://doi.org/10.1176/appi.ps.201700140**](https://doi.org/10.1176/appi.ps.201700140)

Telepsychiatry can be successfully employed in psychiatric consultation, especially in psychiatric emergencies in a remote setting. This article explores how telepsychiatric consultation can be used in pediatric emergencies. This was done in comparison to standard consultation care, where the patient would be taken physically to the hospital for consultation before admission or appropriate discharge and follow-up. Reduction in overall costs, as well as time-saving, was enhanced with the telepsychiatric consultation. This is particularly important in the nursing profession for the provision of timely psychiatric emergencies without delays caused the standard consultation care.

**Naik, S. S., Manjunatha, N., Kumar, C. N., Math, S. B., & Moirangthem, S. (2020). Patient's Perspectives of Telepsychiatry: The Past, Present, and Future. *Indian Journal Of Psychological Medicine*, 42(5 Suppl), 102S–107S.** [**https://doi.org/10.1177/0253717620963341**](https://doi.org/10.1177/0253717620963341)

The difference in accessibility to treatment services exists due to disparities in various factors related to geography, healthcare access, culture, and vulnerable populations. This difference can be bridged by telepsychiatry, which significantly improves access to mental health care across all populations. This article describes various aspects of patients' perspectives on the use of telepsychiatry to deliver health services. The aspects in question include the outcomes of care, financial implications, and resolution of any associated issues. This is important in addressing key patient factors such as adherence to treatment, continuity of care, affordability, accessibility to care, and reduction in discriminatory events that could result from in-person care. The ultimate results include enhanced patient outcomes together with satisfactory patient-centered care. This will be achieved through patient-centered health interventions such as virtual patient education, evaluation, and psychotherapeutic interventions, all per patients' expectations.

**Li, Z., Harrison, S., Li, X., & Hung, P. (2021). Telepsychiatry adoption across hospitals in the United States: a cross-sectional study. *BMC Psychiatry*, 21(1).** [**https://doi.org/10.1186/s12888-021-03180-8**](https://doi.org/10.1186/s12888-021-03180-8)

This article was an outcome of a cross-sectional study that evaluated the implementation of telepsychiatry across various healthcare settings within the United States. Various characteristics were compared, including rural and urban hospitals, those providing inpatient versus outpatient psychiatric services, hospital size, and private versus county hospitals, among others. Access to psychiatric care is critical for patients discharged from hospital psychiatric units to ensure continuity of care. The adoption was majorly beneficial, especially in settings where the real-time provision of services and subsequent follow-up were challenging. The variations were intended to bring out any gaps in access to telepsychiatry to improve patient care.

**Conclusion**

This annotated bibliography entails an overview of the application of technology in nursing, specifically in telepsychiatry. Various sources were obtained from online journal resources. All the resources were published between the year 2018 to 2022 and are peer-reviewed. The annotated bibliography summarizes multiple aspects of the telepsychiatric management of mental health patients. This includes the anticipated challenges in adoption, application in psychiatric emergencies, and various patients' perspectives on its adoption. The benefits of the integration of telepsychiatry into conventional health practices have also been elucidated. The successful massive adoption of telepsychiatry necessitated by the COVID-19 pandemic has also been described. All of these provide technical and essential knowledge to healthcare providers, including nurses, as well as other appropriate healthcare stakeholders on telepsychiatry. It equips them with necessary information on the benefits and barriers to the adoption of telehealth in general. It is, therefore, beneficial in ensuring quality, safe, and patient-centered care through novel, cost-effective, timely, and accessible psychiatric intervention.

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